

847

(P)



RECEIVED

FEB 02 2018

WVCA  
FINANCE OFFICE

J. Pickrel  
✓

N11-2

MEMO

Inmate Name: Coleman Tankersley TDOC Number: 91544  
Institution: Mut Housing Unit: \_\_\_\_\_  
Institution Grievance Number: 38856 TOMIS Grievance Number: 316713

Commissioner's Response and Reasons:

The Executive Assistant to the Chief Financial Officer has reviewed the grievance and:

☒ Concur with Warden    ☐ Concur with Supervisor    ☐ Concur with Committee

2-2-18                      David Johnson  
Date                      Assistant Commissioner of Prisons

TP-8

*[Handwritten initials]*



TENNESSEE DEPARTMENT OF CORRECTION  
INMATE GRIEVANCE RESPONSE

Calvin Tankesly 90944 NWCX N11-02 38896  
NAME NUMBER INSTITUTION & UNIT GRIEVANCE NUMBER

Summary of Evidence and Testimony Presented to Committee Grievance and response was read to committee and grievant.

Inmate Grievance Committee's Response and Reasons Committee concurs

7-12-17 Cpl Tankesly Luf Vernon  
DATE CHAIRMAN MEMBER  
C. Smith Reese Brown H. C.  
MEMBER MEMBER MEMBER

Warden's Response: Agrees with Proposed Response ☒

Disagrees with Proposed Response ☐

If Disagrees, Reason(s) for Disagreement \_\_\_\_\_

Action Taken: \_\_\_\_\_

DATE: 7-13-17 WARDEN'S SIGNATURE: Michael Parris (for)

Do you wish to appeal this response? X YES \_\_\_\_\_ NO

If yes: Sign, date, and return to chairman for processing. Grievant may attach supplemental clarification of issues or rebuttal/reaction to previous responses if so desired.

C. Tankesly 90944 7-18-17 Cpl Rule  
GRIEVANT DATE WITNESS

Commissioner's Response and Reason(s): \_\_\_\_\_

DATE

SIGNATURE

Distribution Upon Final Resolution:

White - Inmate Grievant Canary - Warden Pink - Grievance Committee Goldenrod - Commissioner



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TENNESSEE DEPARTMENT OF CORRECTION  
INMATE GRIEVANCE

NWCX  
GRIEVANCE OFFICE

FSE  
Watson

C Tankersly 90944 NWCXN11-02  
NAME NUMBER INSTITUTION & UNIT

DESCRIPTION OF PROBLEM: This grievance is on Jeremy Pickard  
for failure to provide sufficient nutrition,  
EVERY weekend - on 6-24/25-2017 Cont'd Pg 2

REQUESTED SOLUTION: Provide 2,100-2,500 calories Required  
by Federal Mandate, especially on 2 meal week-ends

C Tankersly 90944  
Signature of Grievant

6-27-17  
Date

TO BE COMPLETED BY GRIEVANCE CLERK

38896/316713  
Grievance Number

6-30-17  
Date Received

Timothy J. Walker  
Signature of Grievance Clerk

INMATE GRIEVANCE COMMITTEE'S RESPONSE DUE DATE: \_\_\_\_\_

AUTHORIZED EXTENSION: \_\_\_\_\_  
New Due Date Signature of Grievant

INMATE GRIEVANCE RESPONSE

Summary of Supervisor's Response/Evidence: \_\_\_\_\_

Chairperson's Response and Reason(s): \_\_\_\_\_

DATE: \_\_\_\_\_ CHAIRPERSON: \_\_\_\_\_

Do you wish to appeal this response? ☒ YES ☐ NO

If yes: Sign, date, and return to chairman for processing within five (5) days of receipt of first-level response.

C Tankersly  
GRIEVANT

7-10-17  
DATE

[Signature]  
WITNESS

Distribution Upon Final Resolution:

White - Inmate Grievant Canary - Warden Pink - Grievance Committee Goldenrod - Commissioner (if applicable)



TENNESSEE DEPARTMENT OF CORRECTION  
INMATE GRIEVANCE (continuation sheet)

RECEIVED

JUN 30 2017

NWCX  
GRIEVANCE OFFICE

DESCRIPTION OF PROBLEM: (On Sat June 24, 2017) I was  
served

Breakfast > 1 cup Grits - 2 Slices bread, - 1 Orange  
142 Calories - 135 Calories - 0 calories

Dinner > 1 Mix Meat Patty - 1/2 cup Rice - 1/2 cup Green Beans - 2 Slices Bread  
169 calories - 96 Calories - 19 calories - 135 calories

Total Calories Saturday 6-24-17 = 696  
Calories

(ON Sunday June 25, 2017)

Breakfast > 1 cup oatmeal - 2 Slices Bread - 1 Orange  
164 calories - 135 calories - 0 calories

Dinner > 1 Scratch Meat Patty - 1/2 cabbage - 2 Slices Bread - 1 Orange  
169 calories - 30 calories - 135 calories - 0 calories

Total Calories Sunday 6-25-17 = 633 calories

Total Calories for 2 Days Amounted to  
1,329 Calories

Less Than 45% of Federal Mandated  
Calorie Intake for A 200 lb MAN - "Healthy"

Blank Remainder of Page  
Blank

Distribution Upon Final Resolution:

White - Inmate Grievant    Canary - Warden    Pink - Grievance Committee    Goldenrod - Commissioner (if applicable)



# TENNESSEE DEPARTMENT OF CORRECTION

## RESPONSE OF SUPERVISOR OF GRIEVED EMPLOYEE OR DEPARTMENT

DATE: 6-30-17

Please respond to the attached grievance, indicating any action taken.

Date Due: Thurs., Jul. 6<sup>th</sup>, 2017 (Due To Holiday)

38896

Grievance Number

Calvin Tankesly

Inmate Name

90944

Inmate Number

We have spoke with staff and made a folder just for your meals. This will prevent you from ~~g~~ not getting the amount of calories you need. This is to be signed by you and staff before your tray leaves the kitchen.

P. Wright FGM

SIGNATURE

7-6-17

DATE

White - Inmate Grievant    Canary - Warden    Pink - Grievance Committee    Goldenrod - Commissioner

**Grievance Committee Hearing Notification**  
**NWCX**

**Hearing Notification:**

I, Calvin Tankersly, 90944 (TDOC #), have been advised and notified that I have a Grievance Hearing scheduled to be heard by the Grievance Committee.

**Date and Time of Hearing:**

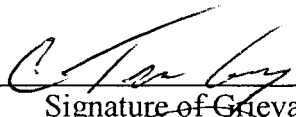
I also have been advised that this hearing will be held on Wed., Jul. 19<sup>th</sup>, 2017 @ 8:00 AM. I understand I will have a pass issued for the date and time of my hearing and to have it upon arrival at my hearing.

**Hearing Witnesses:**

I understand that if I need/want to request any inmate and/or staff witness I must state this request to the Grievance Office Staff between **twenty-four and forty-eight (24-48) hours prior to my hearing.** I can make this request by filling out the "Hearing Witness/Witness Assistance" form stating the names of inmates and/or staff witnesses being requested. I understand that I can only have a **maximum of three (3) witnesses** for my hearing per NWCX Grievance Hearing Procedures (B)(2).

**Hearing Appearance Acknowledgment:**

I understand that if I **fail to appear** at the scheduled time and place of my hearing, that the Grievance Committee will take my **absence as a request to withdraw/resolve/settle** my grievance as prescribe per NWCX Grievance Hearing Procedures (B)(4) & TDOC Inmate Grievance Handbook.

-----  
, 90944  
Signature of Grievant TDOC #

7-10-17  
Date

  
Cpl. S. Perkins, Grievance Chairperson

7-10-17  
Date

## Grievance Committee Hearing Minutes

NWCX

Site: Main Compound

✓ Grievance Chairperson: Cpl. S. Perkins  
✓ Grievance Clerk: Timothy J. Walker

Date: 7-12-17  
Time: 8:55am

<u>STAFF BOARD MEMBERS:</u>		<u>INMATE BOARD MEMBERS:</u>		
R. Chisholm	Regular.	Adrian Morton	296090	Regular
J. Hatchel	Regular	Anthony Hodges ✓	271841	Regular
J. Essary	Alternate	Reese Brown ✓	98692	Alternate
M. Regalado	Alternate	Calvin Owens	235996	Alternate
D. Webb	Alternate	Eric Best	460468	Alternate
✓ C. Swift	Alternate	Timothy Pinion	358484	Alternate
✓ E. Vernon	Alternate	Tony Curry	234499	Alternate
		Barry Brown	106220	Alternate
		Jon Brewbaker	366017	Alternate

Grievant's Name: Calvin Tankesly TDOC#: 90944 Grievance #: 38896

- ☐ This hearing is being held in absentia due to:
  - Inmate is temporarily away from institution.
  - Inmate is permanently assigned to another institution.
- ☐ Inmate did not appear at hearing after being adequately notified.
- ✓ Grievance and Level I response was read to Committee and Grievant
- ✓ Grievant has attached a rebuttal letter and/or additional evidence to be considered.

Hearing Minutes: • Mr. Tankesly says that the new system the supervisor put in place has not fixed the problem about the ~~manana~~ calorie count on the weekends.

• Mr. Tankesly has attached a copy of the federally mandated "estimated Calorie requirements". Mr. Tankesly states that he's not getting anything close to the requirement.

• Mr. Tankesly has attached a letter to the NWCX Warden concerning the calorie issue.

## Estimated Calorie Requirements

Estimated amounts of calories needed to maintain energy balance for various gender and age groups at three different levels of physical activity. The estimates are rounded to the nearest 200 calories and were determined using the Institute of Medicine equation.

Gender	Age (years)	Sedentary <sup>b</sup>	Moderately Active <sup>c</sup>	Active <sup>d</sup>
Child	2-3	1,000	1,000-1,400	1,000-1,400
Female	4-8	1,200	1,400-1,600	1,400-1,800
	9-13	1,600	1,600-2,000	1,800-2,200
	14-18	1,800	2,000	2,400
	19-30	2,000	2,000-2,200	2,400
	31-50	1,800	2,000	2,200
	51+	1,600	1,800	2,000-2,200
Male	4-8	1,400	1,400-1,600	1,600-2,000
	9-13	1,800	1,800-2,200	2,000-2,600
	14-18	2,200	2,400-2,800	2,800-3,200
	19-30	2,400	2,600-2,800	3,000
	31-50	2,200	2,400-2,600	2,800-3,000
	51+	2,000	2,200-2,400	2,400-2,800

<sup>a</sup> These levels are based on Estimated Energy Requirements (EER) from the Institute of Medicine Dietary Reference Intakes macronutrients report, 2002, calculated by gender, age, and activity level for reference-sized individuals. "Reference size," as determined by IOM, is based on median height and weight for ages up to age 18 years of age and median height and weight for that height to give a BMI of 21.5 for adult females and 22.5 for adult males.

<sup>b</sup> Sedentary means a lifestyle that includes only the light physical activity associated with typical day-to-day life.

<sup>c</sup> Moderately active means a lifestyle that includes physical activity equivalent to walking about 1.5 to 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life

<sup>d</sup> Active means a lifestyle that includes physical activity equivalent to walking more than 3 miles per day at 3 to 4 miles per hour, in addition to the light physical activity associated with typical day-to-day life.



Men need to consume enough calories to maintain a healthy body weight and optimize their energy level. However, consuming too many calories on a regular basis leads to obesity. The Dietary Guidelines for Americans 2010 reports that 72 percent of men in the U.S. are overweight or obese. The amount of calories an average adult male needs depends on his size and activity level (Page 1), but generally ranges from 2,000 to 3,000 calories per day (See Reference 1 Page 14).

### **Active Men**

Active men ages 19 and older need an average of 2,400 to 3,000 calories per day to maintain a healthy body weight, according to the USDA (See Reference 1 Page 14). Active older men require fewer calories than younger men who lead the same type of active lifestyle. Male athletes who engage in vigorous physical activity, especially endurance sports, more than the average active man can require more than 3,000 calories per day. Iowa State University's Estimated Calorie Needs Calculator, which uses the Mifflin Equation, can help determine your individualized calorie needs based on your specific workout regimen.

### **Moderately Active Men**

The Dietary Guidelines for Americans 2010 estimates that the average moderately active man needs 2,200 to 2,800 calories each day to maintain a healthy body weight (Page 14). A moderately active man is someone who exercises at a level equivalent to walking one and a half to three miles per day, in addition to routine day-to-day activities (Page 14, footnotes).

### **Sedentary Men**

Average sedentary men need 2,000 to 2,600 calories per day, according to the USDA (See Reference 1 Page 14). More specifically, sedentary men ages 19 to 30 need 2,400 to 2,600 calories; 31- to 50-year-old men require 2,200 to 2,400 calories; and sedentary men over the age of 50 need 2,000 to 2,200 calories each day to maintain a healthy body weight.

### **Calories per Pound**

You can also use your body weight to estimate your calorie needs for weight maintenance. According to the University of Washington, men need 18 calories per pound of body weight if they exercise strenuously regularly; 15 calories per pound if they are moderately active; 13 calories if they are over age 55 or have a low activity level; and 10 calories for each pound of body weight per day if they are sedentary or obese.

### **Overweight Men**

According to an article published in a 2010 edition of the "Journal of the American Medical Association," the median body mass index for U.S. men ranges from 26.6 to 28.3; each BMI value within this range is classified as overweight. According to the U.S. Department of Health and Human Services, consuming 1,200 to 1,600 calories per day can help overweight and obese men move toward a healthier body weight (Page 5).

**ADDENDUM TO GRIEVANCE TOMIS I.D. No. 316713**

**Calvin Tankesly vs. Jeremy Pickrel**

Date: July 12<sup>th</sup>, 2017

To: Warden Michael Paris

From: Calvin Tankesly, #90944,

RE: ADDENDUM to Grievance TOMIS I.D. No. 316713

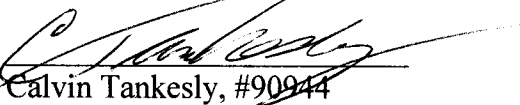
This Addendum is for attachment to the Grievance against Jeremy Pickrel, Aramark Food supervisor, NWCX, to reflect how Pam Wright, FSM/NWCX response to this grievance does not address the Claim within this Grievance.

1. I grieved **Full Daily Calorie Count** provided by Aramark on the weekends.
2. Ms. Wright responded by documenting the Items on each tray per meal, requiring my signature.

This response to my grievance does **NOT Address or Resolve** the fact that portions of each item served per meal remains the same – only that I am signing a document reflecting Aramark's Calorie Shortage of nearly 60% of the Daily Allowance of Calories, per day, per adult, pursuant to the "Institute of Medicine equation", and Federal Mandate on Calorie Intake per day, per adult, *i.e.*; {A male over 51 Active 2,400-2,800 Calories per day}. [Please *See Attachment*].

I am requesting that the problem with Calorie Shortage by Aramark that has continued since their Contract with TDOC in September 2016 - be corrected at this level

Respectfully submitted,

  
Calvin Tankesly, #90944

Attachment

cc: file



Department of  
Correction

(This Box To Be Completed By Grievance Office Staff)

Grievance #: 38896 / 316713

### Grievance Rebuttal Letter-Statement Form

Per TDOC Inmate Grievance Handbook, inmates are entitled to submit, if desired, a clarification of issues and/or reaction/rebuttal statement/letter to the Warden's/designee's response (Level II) to their grievance with their appeal to the Commissioner (Level III).

Please use the space below to write your statement. **Make sure to sign and date at the bottom.**

You have until: Thurs, Jul. 27<sup>th</sup>, 2017 @ 10:00 A.M. to return this form back to the Grievance Office for further processing.

Inmate Grievant's Name: Calvin Tankesly

TDOC#: 90944

This is to point out that the ISSUE of this grievance was **NOT** addressed.

My claim was on the MISSING CALORIES per meal, specifically during the two (2) meals served on the weekend days.

In Warden Parris' Concurrence with the grievance committee he, just as the grievance board did NOT pay attention to the supervisor response - because it did NOT address the claim within the grievance.

Calvin Tankesly 90944  
Signature of Grievant

7-19-17  
Date



# MEMO

To: Sara Perkins  
NWCX

From: David Sexton *DS*

Assistant Commissioner of Prisons

Date: October 26, 2017

Subject: Calvn Tanksley #90944

*Handwritten notes and stamps:*  
OCT 27 2017  
NWCX  
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The Acting Director of Food Service has reviewed this grievance. Aramark's Food Service Director's did not provide a response and inmate did not specify it this was a regular diet, Therapeutic diet or Specialty diet which may determine the caloric intake issue. Please return with an appropriate response

BS/BFB



TENNESSEE DEPARTMENT OF CORRECTION  
RESPONSE OF SUPERVISOR OF GRIEVED EMPLOYEE OR DEPARTMENT

DATE: 11-13-17

Please respond to the attached grievance, indicating any action taken.

Date Due: Thurs., Nov. 16<sup>th</sup>, 2017

38896

Grievance Number

Calvin Tankerly

Inmate Name

90944

Inmate Number

He is on a Bland diet.

6-24 ~~Breakfast~~ Breakfast - 1 c grits = 151 calories  
2 Slices Bread - 136 calories - 1 - Orange - 45 calories  
4oz scrambled eggs - 169 cal. - 1 jelly pk - 35 cal. - butter pk pk  
35.9 cal x 3 = 107.7 cal. - 1 8oz milk - 102 cal. = 745.7 cal

6-24 - Dinner - 1 - 3oz scratch patty - 231 cal. - 1 c rice - 248 cal.  
1/2 c g. beans - 28 calories - 2 slices bread = 136 calories  
3 marg. pc = 107.7 cal. - Dessert - 1 slice cake - 151 cal. = 901.70  
white?

6-25 - Breakfast - 1 c oatmeal = 145 cal. - 2 slices bread - 136 cal.  
1 - orange = 45 cal. - Marg pc 3 = 107.70 - 1 milk = 102 cal. =  
Scram. eggs - 4oz = 169 cal. jelly pk - 35 cal = 739.70

6-25 Dinner - 1 <sup>3oz</sup> scratch patty = 231 cal. 1/2 c cabbage - 51 cal.  
2 sl. Bread - 136 cal. 1 orange - 45 calories - Marg pc 3 = 107.7  
Carrots 1/2 c - 41 - Dessert - yellow cake unfrosted = 305 cal.  
drink - 1 c = 111 cal. 1027.70

I have also included a copy of a bland diet menu.

I have contacted someone with  
Cramark (Dietician) to discuss the  
weekend meals. I am waiting on  
a response.

Total - 3414.80  
for day.

P. Wright FSD  
SIGNATURE

11-15-17  
DATE

White - Inmate Grievant    Canary - Warden    Pink - Grievance Committee    Goldenrod - Commissioner

# # of calories for each item.

## BLAND or GI (Gastro-Intestinal) SOFT DIET - 3 Hot Meals

- 1) Make photocopies of this menu pattern. Do not write on the master menu pattern.
- 2) Record date, counts and menu items served (circle) for each meal on this sheet and at the bottom of the diet sheets.
- 3) Attach to production packet

Date: \_\_\_\_\_ Circle Food Items Served NO BEANS EVER!!!

Count: \_\_\_\_\_ BREAKFAST

Fruit or juice, only if on regular menu** - M2795	Bananas Only	No Apples, No applesauce	
Farina LF (1 cup) - M150 <b>183</b>	Grits LF (1 cup) - M148 <b>182</b>	Crisp Rice Cereal (1 cup) - M2592 <b>116</b>	Cornflakes Cereal (1 cup) - M2597 <b>116</b>
Scrambled Eggs (4 oz) - M160	T. Ham (2 oz) - M677 <b>120</b>	Scratch Poultry Patty (2 oz) - M1199 <b>231</b>	
Cooked Potatoes if on regular menu (no skins, onions, bell peppers or pepper as a seasoning added) (1/2 cup) - M2535 or M1679 <b>89</b>			
Enriched White Bread (2 slice) to replace Whole Wheat Bread - M2570	Coffecake - M2384 <b>210</b>	Biscuits - M2422 <b>148</b>	Muffins - M5293 <b>162</b>
Jelly or Syrup - only if on regular menu - M2572 or M2569 <b>206</b>			
Margarine pc's (3 each) - M2587	Whipped Margarine (1/3 oz) - M1469		
Low Fat Milk (8 oz) - M2566	Morning Beverage - M6791	Fruit Drink w/ vitamins B12, C, D, E & calcium (1 cup) - M5652	Fruit Drink Packet w/ vitamins B12, C, D, E & calcium (1 packet) - M5649
Salt / Sugar (1 packet each) - only if on regular menu - M5487 & M5486			

Count: \_\_\_\_\_ LUNCH

Sliced Turkey or T Ham (3 oz) - M2584 or M670 or M677 <b>120</b>	Country / Beef / Fish / Meatloaf Patty (3 oz) - M11428 / M10638 / M11430 / M11444 <b>201</b>	Scratch Poultry Patty (3 oz) - M1199 <b>231</b>	Meatballs (3 oz) - M5811 <b>217</b>
Cooked Potatoes LF (no skins, onions, bell peppers or pepper as a seasoning added) (1 cup) - Various Recipes	Cooked Rice LF (no onions, bell peppers or pepper as a seasoning added) (1 cup) - M2542 <b>192</b>	Cooked Noodles LF (no onions, bell peppers, pepper as a seasoning or tomato sauce added) (1 cup) - M1576 <b>210</b>	
Cooked Green Beans (no onions or pepper as a seasoning added) (1/2 cup) - M2028 <b>17</b>	Cooked Carrots (no onions or pepper as a seasoning added) (1/2 cup) - M2024 <b>41</b>	Blend of Carrots, Green Beans and Peas (no onions or pepper as a seasoning added) (1/2 cup) - M1921 <b>59</b>	
Enriched White Bread (2 slice) - M2570 <b>136</b>	Hamburger Bun (1 each) - M2581 / Hot Dog Buns (2 each) - M2579	Biscuits - M2422 <b>148</b>	Cornbread - M2369 <b>151</b>
Margarine pc's (3 each) - M2587	Whipped Margarine (1/3 oz) - M1469		
Dessert item from regular menu - Various Recipes			
Fruit Drink w/ vitamins B12, C, D, E & calcium (1 cup) - M5652	Fruit Drink Packet w/ vitamins B12, C, D, E & calcium (1 packet) - M5649		
Mustard (1/3 oz or 2 pc) if appropriate - M2574 or M5479			
Salt (1 packet each) - only if on regular menu - M5487			

*Beef 205 Fish 204 meatloaf 196*

*yellow cake unfrosted - 305 white - 151 chocolate - 132 Brownie - 162*

Count: \_\_\_\_\_ DINNER

Sliced Turkey or T Ham (3 oz) - M2584 or M670 or M677 <b>120</b>	Country / Beef / Fish / Meatloaf Patty (3 oz) - M11428 / M10638 / M11430 / M11444 <b>201</b>	Scratch Poultry Patty (3 oz) - M1199 <b>231</b>	Meatballs (3 oz) - M5811 <b>217</b>
Cooked Potatoes LF (no skins, onions, bell peppers or pepper as a seasoning added) (1 cup) - Various Recipes	Cooked Rice LF (no onions, bell peppers or pepper as a seasoning added) (1 cup) - M2542 <b>192</b>	Cooked Noodles LF (no onions, bell peppers, pepper as a seasoning or tomato sauce added) (1 cup) - M1576 <b>210</b>	
Cooked Green Beans (no onions or pepper as a seasoning added) (1/2 cup) - M2028 <b>17</b>	Cooked Carrots (no onions or pepper as a seasoning added) (1/2 cup) - M2024 <b>41</b>	Blend of Carrots, Green Beans and Peas (no onions or pepper as a seasoning added) (1/2 cup) - M1921 <b>59</b>	
Enriched White Bread (2 slice) - M2570 <b>107</b>	Hamburger Bun (1 each) - M2581	Biscuits - M2422	Cornbread - M2369
Margarine pc's (3 each) - M2587	Whipped Margarine (1/3 oz) - M1469		
Dessert item from regular menu - Various Recipes			
Fruit Drink w/ vitamins B12, C, D, E & calcium (1 cup) - M5652 <b>111</b>	Fruit Drink Packet w/ vitamins B12, C, D, E & calcium (1 packet) - M5649		
Salt (1 packet each) - only if on regular menu - M5487			

\*\*When serving fruit or juice at breakfast or for dessert must choose from one of the following:

Apple or Cranberry Juice (100% - 1/2 cup) - M5662 or M2596 - OR - Apple Juice (50% - 1 cup) - M5657

Banana, Melon, Peeled Apple, OR - Peeled Peach, Peeled Pear (1 each)

Frozen Apple Slices, canned applesauce, peaches, pears (1/2 cup)

# BLAND or GI (Gastro-Intestinal) SOFT DIET - 3 Hot Meals

- 1) Make photocopies of this menu pattern. Do not write on the master menu pattern.
- 2) Record date, counts and menu items served (circle) for each meal on this sheet and at the bottom of the diet sheets.
- 3) Attach to production packet

Date: \_\_\_\_\_

Circle Food Items Served

Count: \_\_\_\_\_

## BREAKFAST

Fruit or juice, only if on regular menu** - M2795	OR	Grits LF (1 cup) - M146	OR	Crisp Rice Cereal (1 cup) - M2592	OR	Cornflakes Cereal (1 cup) - M2597
Farina LF (1 cup) - M150	OR	T. Ham (2 oz) - M677	OR	Scratch Poultry Patty (2 oz) - M1199		
Scrambled Eggs (4 oz) - M160	OR		OR			
Cooked Potatoes if on regular menu (no skins, onions, bell peppers or pepper as a seasoning added) (1/2 cup) - M2535 or M1679	OR		OR			
Enriched White Bread (2 slice) to replace Whole Wheat Bread - M2570	OR	Coffeeecake - M2384	OR	Biscuits - M2422	OR	Muffins - M5293
Jelly or Syrup - only if on regular menu - M2572 or M2569	OR		OR			
Margarine pc's (3 each) - M2587	OR	Whipped Margarine (1/3 oz) - M1469	OR			
Low Fat Milk (8 oz) - M2566	OR	Morning Beverage - M6791	OR	Fruit Drink w/ vitamins B12, C, D, E & calcium (1 cup) - M5652	OR	Fruit Drink Packet w/ vitamins B12, C, D, E & calcium (1 packet) - M5649
Salt / Sugar (1 packet each) - only if on regular menu - M5487 & M5486						

Count: \_\_\_\_\_

## LUNCH

Sliced Turkey or T. Ham (3 oz) - M2584 or M670 or M677	OR	Country / Beef / Fish / Meatloaf Patty (3 oz) - M11428 / M10838 / M11430 / M11444	OR	Scratch Poultry Patty (3 oz) - M1199	OR	Meatballs (3 oz) - M5811
Cooked Potatoes LF (no skins, onions, bell peppers or pepper as a seasoning added) (1 cup) - Various Recipes	OR	Cooked Rice LF (no onions, bell peppers or pepper as a seasoning added) (1 cup) - M2542	OR	Cooked Noodles LF (no onions, bell peppers, pepper as a seasoning or tomato sauce added) (1 cup) - M1576		
Cooked Green Beans (no onions or pepper as a seasoning added) (1/2 cup) - M2028	OR	Cooked Carrots (no onions or pepper as a seasoning added) (1/2 cup) - M2024	OR	Blend of Carrots, Green Beans and Peas (no onions or pepper as a seasoning added) (1/2 cup) - M1921		
Enriched White Bread (2 slice) - M2570	OR	Hamburger Bun (1 each) - M2581 / Hot Dog Buns (2 each) - M2579	OR	Biscuits - M2422	OR	Cornbread - M2369
Margarine pc's (3 each) - M2587	OR	Whipped Margarine (1/3 oz) - M1469	OR			
Dessert item from regular menu - Various Recipes	OR		OR			
Fruit Drink w/ vitamins B12, C, D, E & calcium (1 cup) - M5652	OR	Fruit Drink Packet w/ vitamins B12, C, D, E & calcium (1 packet) - M5649				
Mustard (1/3 oz or 2 pc) if appropriate - M2574 or M5479						
Salt (1 packet each) - only if on regular menu - M5487						

Count: \_\_\_\_\_

## DINNER

Sliced Turkey or T. Ham (3 oz) - M2584 or M670 or M677	OR	Country / Beef / Fish / Meatloaf Patty (3 oz) - M11428 / M10838 / M11430 / M11444	OR	Scratch Poultry Patty (3 oz) - M1199	OR	Meatballs (3 oz) - M5811
Cooked Potatoes LF (no skins, onions, bell peppers or pepper as a seasoning added) (1 cup) - Various Recipes	OR	Cooked Rice LF (no onions, bell peppers or pepper as a seasoning added) (1 cup) - M2542	OR	Cooked Noodles LF (no onions, bell peppers, pepper as a seasoning or tomato sauce added) (1 cup) - M1576		
Cooked Green Beans (no onions or pepper as a seasoning added) (1/2 cup) - M2028	OR	Cooked Carrots (no onions or pepper as a seasoning added) (1/2 cup) - M2024	OR	Blend of Carrots, Green Beans and Peas (no onions or pepper as a seasoning added) (1/2 cup) - M1921		
Enriched White Bread (2 slice) - M2570	OR	Hamburger Bun (1 each) - M2581	OR	Biscuits - M2422	OR	Cornbread - M2369
Margarine pc's (3 each) - M2587	OR	Whipped Margarine (1/3 oz) - M1469	OR			
Dessert item from regular menu - Various Recipes	OR		OR			
Fruit Drink w/ vitamins B12, C, D, E & calcium (1 cup) - M5652	OR	Fruit Drink Packet w/ vitamins B12, C, D, E & calcium (1 packet) - M5649				
Salt (1 packet each) - only if on regular menu - M5487						

Apple or Cranberry Juice (100% - 1/2 cup) M5682 or M2596- OR - Apple Juice (50% - 1 cup) - M5657	OR	Banana, Melon, Peeled Apple, Peeled Peach, Peeled Pear (1 each)	OR	Frozen Apple Slices, canned applesauce, peaches, pears (1/2 cup)
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\*\*When serving fruit or juice at breakfast or for dessert must choose from one of the following: